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Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

For more than 40 years, Mark Berkowitz D.D.S., NMD, C.HOM, AIAOMT has been a leader in his field serving the holistic community. Gary Braun D.M.D., NMD, IBDM, AIAOMT has recently completed a 2-year advanced training program at the American College of Integrative Medicine and Dentistry achieving a degree in Integrative Biologic Dental Medicine and earning recognition as a Board-Certified Naturopathic Physician. Dr. Berkowitz and Dr. Braun forged a partnership in 2021 with the overall goal of combining their extensive knowledge and experience in the field of integrative dentistry. The office is continuously evolving with the addition of state-of-the-art equipment and new technologies.

Dr. Berkowitz and Dr. Braun are proud to announce a truly unique partnership with board-certified orthodontist Keith Dobrin D.M.D., MBA, as well the addition of a Fotona® laser to the practice, allowing for a vast expansion in available dental services with the goal of enriching an ever-expanding holistic-minded clientele.

Dr. Keith is a local product by way of Tinton Falls New Jersey. He is a Diplomat of the American Board of Orthodontics, the most prestigious achievement in the field of orthodontics. Additionally, he is a published author with internationally acclaimed research on bonding braces to teeth, the culmination of four years of dedication to the orthodontic specialty. As part of our team, Dr. Keith will bring a new perspective to the practice as he is well-versed in all specialties of dentistry in conjunction with orthodontics. He brings tremendous experience from his own private practices that will undoubtedly serve the needs



"My passion has always been to create beautiful and healthy smiles for patients of all ages, and there are so many ways to accomplish those goals that are both comfortable and efficient. We are constantly upgrading our technology to remain at the forefront of our profession, and we strive to not only effectively resolve issues of teeth alignment but also to create positive changes that make our patients proud and confident. I am fortunate that my career path has led me back to Monmouth County where I grew up and I cannot think of a better place to be while doing what I love." – Dr. Keith Dobrin

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Hello Friends,



Happy Hanukkah & Merry Christmas!

From our team to you and your loved ones – we wish you a magical holiday season filled with joy. We hope everyone had a wonderful Thanksgiving to kick off the holiday season, as we transition from gratitude to setting new goals for the coming year. May everyone's season be blessed with days full of love, smiles, kindness, family and friends.

In the story of Pandora's box, after all the wicked things were released the last thing to come out of the box was hope. I feel the air around us is super charged with hope for 2025. With the coming solstice light returns. And with the new year launching, anything is possible when we walk in the light as Jesus encouraged.

May your holidays be blessed and safe, and thank you from all of us for your continued support. 😊

Warm wishes,
Sharon

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Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



Reflect & Reset: Holistic New Year Transformation Event Hosted by Monarch Wellness Center

Have you ever thought about healing from within or strengthening your inner power? Monarch Wellness Center believes in holistic methods of healing as well as psychotherapy. They align with the belief using holistic modalities to help support balancing the flow of energy in the body to promote well-being reducing stress and anxiety.

So, to kick off this 2025 new year right, Monarch Wellness Center will be hosting its New Years Transformation Event. This event is focused on tapping into your inner confidence and guiding its emergence. This 4-hour event will take you on a journey of letting go of self-doubts, fears, and daily stressors and lead you to a place of strength, confidence and empowerment. You will experience guided meditation, sound bath with reiki healing, card pulling, journaling, creative expression hour and smudge cleansing. This event is based on the idea that the human body's core energy is linked to physical, emotional, and spiritual health.

Contact us today to book your spot and discover the transformative power within. \$125pp light snacks and beverages provided. Contact admin@monarchwellnesscenter.org or call 732.301.4219 to register.

Mellow Out with Craniosacral Therapy

Winter is a great time to replenish. Receiving Craniosacral Therapy can be profoundly relaxing. CST is an effective treatment for headaches, TMJ, back pain, and anxiety.

This gentle hands-on technique explores the physiologic movement within the spine and cranium. This includes the soft tissue wrappings surrounding and protecting the brain and spinal cord. These important neural tissues are bathed in cerebrospinal fluid (CSF), which pulses rhythmically throughout the system.

David Frome, a licensed Physical Therapist and Acupuncturist, uses this gentle technique to unwind tensions



within the head, neck, and back. While applying light touch, he will evaluate the freedom & mobility throughout your body. People commonly report feeling pain relief and experiencing better health after receiving Craniosacral Therapy sessions.

Rebekah and David Frome practice acupuncture, Roling, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.

Energy Healing & Reiki with Dorian Cattani

Like walking into a room and turning on a light switch, in the healing world, Reiki is the switch. Dorian Cattani has dedicated the past four years to helping others release negative energy to welcome endless possibilities. Reiki rehabilitates and knows where to go for the most effective healing while you fall into a calm state. And when you are tranquil, you heal. Each session is different as she plays off the energies and messages she receives from your body. Your intentions, desires, willingness to open your heart, and actions are the magic key to unlocking your potential.



Shortly after becoming an Asbury Park resident, Dorian opened up her practice in November 2023. She has created a safe space with soothing music, crystals, and essential oils. Dorian is passionate about being part of the community, supporting people and furry friends, and contributing to the collective well-being. To book a Reiki session with Dorian, please call/text her at 201.892.5242. She also offers Mediation with Reiki classes and Grief Circles in Asbury Park, NJ. Dorian Cattani LLC 501 Grand Avenue Asbury Park, NJ 201.892.5242 doriancattani.com doriancattani@gmail.com

Grief Circle: A Safe Space for Healing & Connection

Are you seeking a supportive community where you can share your grief story and find solace among others who understand the profound impact of loss? Look no further than the Grief Circle, a special gathering designed to provide a safe space for healing and connection.

The Grief Circle offers a unique opportunity to share your grief story with others who can hold space for you and understand your loss. Every individual experiences loss differently, but the significance of each person's loss is equally valid and important.



Through the collective sharing and support of the group, you can bring yourself to a powerful healing place. Whether you choose to share your story or simply listen to others speak, the Grief Circle is a judgment-free zone.

Join Dorian Cattani, Wednesday, December 18 at 7 pm. Held at her office 501 Grand Avenue, Asbury Park, NJ. The Grief Circle is FREE but space is limited. Text or call Dorian at 201-892-5242.

Winter Solstice Celebration: Spiral Walk



Join Dee & Patty at The Yoga Loft, 58 Main St, Farmingdale December 15th 6-7:30pm for a sacred Winter Solstice Celebration Spiral Walk, where we honor the turning of the

seasons and the return of the light. This immersive experience invites you to walk a candle-lit spiral, connecting deeply with the elements of nature, the grounding energies of crystals, and the healing power of essential oils.

As you journey inward through the spiral, you'll be invited to pause and reflect on the stillness of winter and the gifts it brings—rest, renewal, and the quiet nurturing of inner light. We will integrate the elements of Earth, Air, Fire, and Water throughout the ceremony. As you walk the spiral, you are invited to set an intention for the winter season, planting seeds of hope and renewal in the fertile soil of your soul. This meditative experience culminates at the center, where you'll light a candle to carry with you into the world, symbolizing the light of the solstice and the promise of brighter days ahead.

This celebration will leave you feeling connected, grounded, and ready to embrace the gifts of winter with an open heart. Tea and light refreshments will be served as we come together in community to celebrate the season.

Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining us. \$40

Pause & Restore - A Nourishing Self-Care Whole Body Workshop of Women

Join Sunshine Katie Strakosch at The Yoga Loft, 58 Main St Farmingdale December 6th 6-7:30pm for an evening dedicated to reconnecting with ourselves through whole body nourishment and self-care. This time of year is a dynamic one with the energy of the holiday season, and all that comes along with it, including stress.

In our workshop, we will invoke the energy of the winter season and align with the energy it can offer us. Through conversation, self-massage, breath and ritual, we will travel through a journey where we can connect with our inner wisdom and reclaim the art of rest. Yes, rest! You will leave with a toolkit of self-care practices to support you feeling grounded and revitalized through this final month of the year and carry through the season of winter.

We will explore tools that: Increase circulation in the body. Flush out toxins through the lymphatic system. Increase healthy

skin tone. Boost the immune system. Support restorative sleep. Nurture the nervous system. Align with the body's ability to regenerate itself. We'll also enjoy a nourishing cup of tea together

Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining us. \$40

Green Investment Group

We are an educational and experiential group of socially-conscious investors meeting in Shrewsbury every 2 months. "ESG Investing" has become controversial, as it has been embraced by Wall Street as a deeper level of risk analysis, while being attacked by critics as "Woke Investing". We are a legal partnership with a pooled investment account and we vote on all decisions. We have a financial advisor who teaches and facilitates our research. We have existed for over 15 years, and we are open to guests and as well as adding more committed members.



If interested please contact Mercedes Barnek @ 732-747-7810 or mbarnek@msn.com. Upcoming meeting: December 4th, Eastern Monmouth County Library, 7 pm to 8:30.

The Manual You Didn't Get at Birth: Sparking Your Body's Self-Healing Power

Imagine being handed a manual before birth that revealed every cut, scrape, trauma, and illness you'd face in your lifetime. Chances are, none of us would want to face the world. But that's why we don't receive that manual", says Master Spiritual Healer Dawn Ricci, who specializes in energetic healing. Ricci emphasizes the body's innate ability to heal itself. Showing you how our brain and body work together to heal. However, when the body's energy is out of balance, this self-healing ability diminishes, leading to chronic diseases. Ricci explains that when our "energetic battery packs" – the cells – lose voltage due to emotional and physical distress, that is when disease can take root.



But the secret to vitality lies in realigning this energy. Ricci uses a blend of ancient wisdom and modern quantum healing techniques to restore optimal health. Ready to flip the switch to better health? Ricci offers limited slots for FREE Body to Wellness Call, to start your self-healing journey.

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From Melancholy to Sweet Remembrance

by Marlaina Donato



Nikada from Getty Images Signature/CanvaPro

unrealistic family ideals. The holidays can serve up dark times and memories for those that have struggled through a dysfunctional dynamic, and can trigger trauma. Isolating ourselves and turning down invitations might seem like the only way of coping, but there is a fine line between being a prisoner of the past and living joyously in the present.

The willingness to create fresh memories or start new traditions with loved ones can be a soul-soothing balm. For those traversing a solitary path, novel activities and social gatherings can provide something to look forward to during the festive season. Feeding pigeons in the park, *gifting a delicious dessert to a mail carrier*, attending a religious service or having a winter picnic can help us find a sweet spot that tempers the holiday blues.

Although the world is decked with festive reminders, some people mourn a rapidly changing society, but we can maintain surer footing when we remind ourselves to tap into beauty within reach, change monotonous customs and move forward while looking back with nostalgia.

Marlaina Donato is an author, painter and composer. Connect at BluefireStudio.art.



Image by ArtManzh from Pixabay

“No loss is felt more keenly than the loss of what might have been. No nostalgia hurts as much as nostalgia for things that never existed,” says Rabih Alameddine in one of his poignant novels, and his words strike a chord, especially during the holidays. As another year takes a bow at the stroke of midnight, it is easy for many of us to succumb to grief for what we have never tasted. Those of us that lost what is cherished can feel homesick for times that might never come again.

Much of our society—as well as our inner emotional landscape—is molded by



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Acupuncture for Shingles

Shingles (herpes zoster) is a viral disease that causes a red rash on the face or one side of the body, accompanied by fluid-filled blisters, pain, burning and tingling. According to the U.S. Centers for Disease Control and Prevention, approximately 1 million Americans suffer from this condition every year. In a systematic review of studies, researchers evaluated 59 randomized controlled trials involving almost 4,000 shingles patients that had been treated with acupuncture. They concluded that acupuncture therapies were effective and safe for the treatment of this viral disease, reducing pain and skin lesions with few adverse effects.



Africa images/CanvaPro

Stem-Cell Treatment To Reverse Type 1 Diabetes

Reports from an early phase 1 clinical trial are encouraging for the reversal of Type 1 diabetes, an autoimmune disease in which the immune system attacks the pancreas's insulin-producing cells. Without insulin, blood sugar builds up in the bloodstream and causes damage to the body. The U.S. Centers for Disease Control and Prevention estimates that 1.7 million Americans have the disease, for which there currently is no cure.

The study, published in the journal *Cell*, reported on the progress of a 25-year-old woman with Type 1 diabetes who underwent stem-cell therapy made from her own cells. She began producing her own insulin less than three months after the treatment and continued to be free from insulin injections after one year. More research and development of cost-effective manufacturing processes are needed before a stem cell-derived therapy will be available to patients.



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Wet Cupping Therapy for Asthma

A study published in the *Turkish Journal of Medical Sciences* evaluated the use of wet cupping therapy (WCT) for mild to moderate asthma. Cupping therapy, in which localized suction is created on the skin with the application of heated cups, is a traditional method used in Persian medicine for treating various ailments. The study included 82 asthma patients divided into two groups: the control group was treated with common asthma medications, and the intervention group received three sessions of WCT between the shoulders. Clinical signs of asthma were gathered from all patients over eight weeks following the WCT. The researchers concluded that WCT can be an efficient therapy to improve respiratory complications of asthma patients.



SimpleFoto/CanvaPro

Service Dogs Benefit Veterans With Post-Traumatic Stress Disorder

In a nonrandomized controlled trial, researchers studied the viability of psychiatric service dogs for the treatment of post-traumatic stress disorder (PTSD). Eighty-one veterans with PTSD were given a trained psychiatric service dog, and 75 veterans in the control group did not receive one. Both groups had access to other PTSD care. Over a three-month measurement period, the group with the service dogs had significantly lower PTSD symptom severity, significantly lower depression and anxiety, and better psychosocial functioning, as compared to the control group. The dropout rate in this study was substantially lower than other trauma- and non-trauma-focused treatments, leading the researchers to conclude that the dogs may be an effective complementary therapy for military service-related PTSD.



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Forgiveness is the giving, and so the receiving, of life.

—George MacDonald



FUNNY BUT SERIOUS SCIENCE

Organized by the scientific humor magazine *Annals of Improbable Research*, the Ig Nobel Prize is a satirical award honoring achievements that make people laugh, then think. This year's winners were announced at a lively ceremony at the Massachusetts Institute of Technology.

Winning in the category of physiology, a Japanese research team led by Ryo Okabe and Takanori Takebe discovered that mammals could breathe through their anuses, as reported in the research journal *Med*. Working with mice and pigs, the scientists tested an enema-like procedure called enteral ventilation via anus, which delivers oxygen-carrying liquid to the body through the distal gut. This innovation could eventually be an effective alternative for getting oxygen to critically ill patients when ventilators are in short supply, as was the case during the COVID-19 pandemic.

Jacob White and Felipe Yamashita won the prize for botany, having found that a flowering plant native to central and southern Chile and Argentina (*Boquila trifoliolata*) could imitate the shapes of artificial, plastic plants that were placed nearby. In their paper published in *Plant Signaling and Behavior*, the scientists observed that the real leaves were altered in area, perimeter, length and width, and that the vein pattern of the leaves also changed to be closer to the look of the artificial leaves. The mechanism behind this ability of the plant to “see” the neighboring plant is not yet understood.



SWEAT MONITOR MEASURES OVEREXERTION

An elastic band developed by Northwestern University, in Illinois, can show how strenuously muscles are working by measuring the acidity of perspiration on the skin. The band can be placed around the user's working muscle, such as the ankle of a cyclist or the wrist of a tennis player.

A series of tiny reservoirs collect sweat at different intervals, while a sensor measures the acidity, and a smart phone or electronic monitor reports the results. A low pH may indicate the need to stop exercising to avoid sore muscles, whereas a high pH suggests the user has not worked out enough.

LINKING BIODIVERSITY TO HUMAN HEALTH

In a study published in the journal *Science*, Eyal Frank, an environmental economist and assistant professor at the University of Chicago Harris School of Public Policy, sought to quantify the human health impacts of biodiversity loss. He analyzed the effects of a significant decline in insect-eating bat populations across North America that started in 2006 due to a deadly disease known as white-nose syndrome.

By analyzing annual data after 2006 in numerous U.S. counties, Frank noted that chemical insecticide use by farmers had increased by about 30 percent, on average. During that same time period in the same counties, infant mortality rates due to internal causes (i.e., neither accidents nor homicides) rose by nearly 8 percent.

The study highlights the direct benefits biodiversity provides to agriculture and human well-being, “where interactions between natural enemies—insect-eating bats and crop pests—allow farmers to use lower amounts of toxic substitutes,” says Frank, who further noted that by improving our understanding of how changes in biodiversity affect human well-being, we can better design and implement conservation policies.



ARTIFICIAL BEAVER DAMS PROTECT WILDLIFE

The World Wildlife Fund is working with local partners and ranchers to install artificial beaver dams in streams across the Northern Great Plains. The area's ecosystem lost the benefits of beaver dams when the population of this aquatic creature was decimated in the mid-to-late 1800s for its fur.

Like their natural counterparts, artificial dams slow water flow and prevent harmful erosion, resulting in higher water tables, soil improvements, healthier plants and better habitats for wildlife. Areas with dams also recover more quickly from droughts.

Artificial dam construction borrows extensively from the beaver's natural skills. Flexible branches from local trees are woven between wooden stakes and then packed with mud, sand, dirt, roots and plants. In a full-circle moment, a participating rancher spotted a beaver making a new home by expanding upon an artificial dam one year after it was installed.



rbiedermann from Getty Images/CanvaPro

Conscious Eating



Natalia Zakharova/CanvaPro

CHEWY CHOCOLATE CHIP ALMOND COOKIES

YIELD: 28 TO 30 COOKIES

5 Tbsp vegan butter substitute

¼ cup Suzanne's Specialties Maple Rice Nectar

6 Tbsp coconut sugar

1 tsp pure vanilla extract

Pinch of sea salt

Pinch of ground cinnamon

1 cup almond flour

½ cup whole wheat pastry flour or sprouted whole wheat flour

½ cup rolled oats

½ cup walnuts, coarsely chopped

⅔ cup non-dairy, dark chocolate chips

Preheat a conventional oven to 350° F or convection oven to 325° F. Line two baking sheets with parchment paper.

Whip together vegan butter, rice nectar, coconut sugar, vanilla, sea salt and cinnamon until smooth. Mix in almond flour, wheat flour and oats to form a soft, sticky dough. Fold in nuts and chocolate chips until well-incorporated through the dough.

Scoop tablespoons of dough and arrange on the baking sheets, leaving room for them to grow—approximately 18 cookies on a sheet, three across and six down. Do not press the cookies down.

Bake for 13 minutes. Remove the trays from the oven. Using a small spoon or spatula, slightly and gently flatten the cookies.

Recipe courtesy of Christina Pirello.

New Year, New You

by Shoshanna Katzman

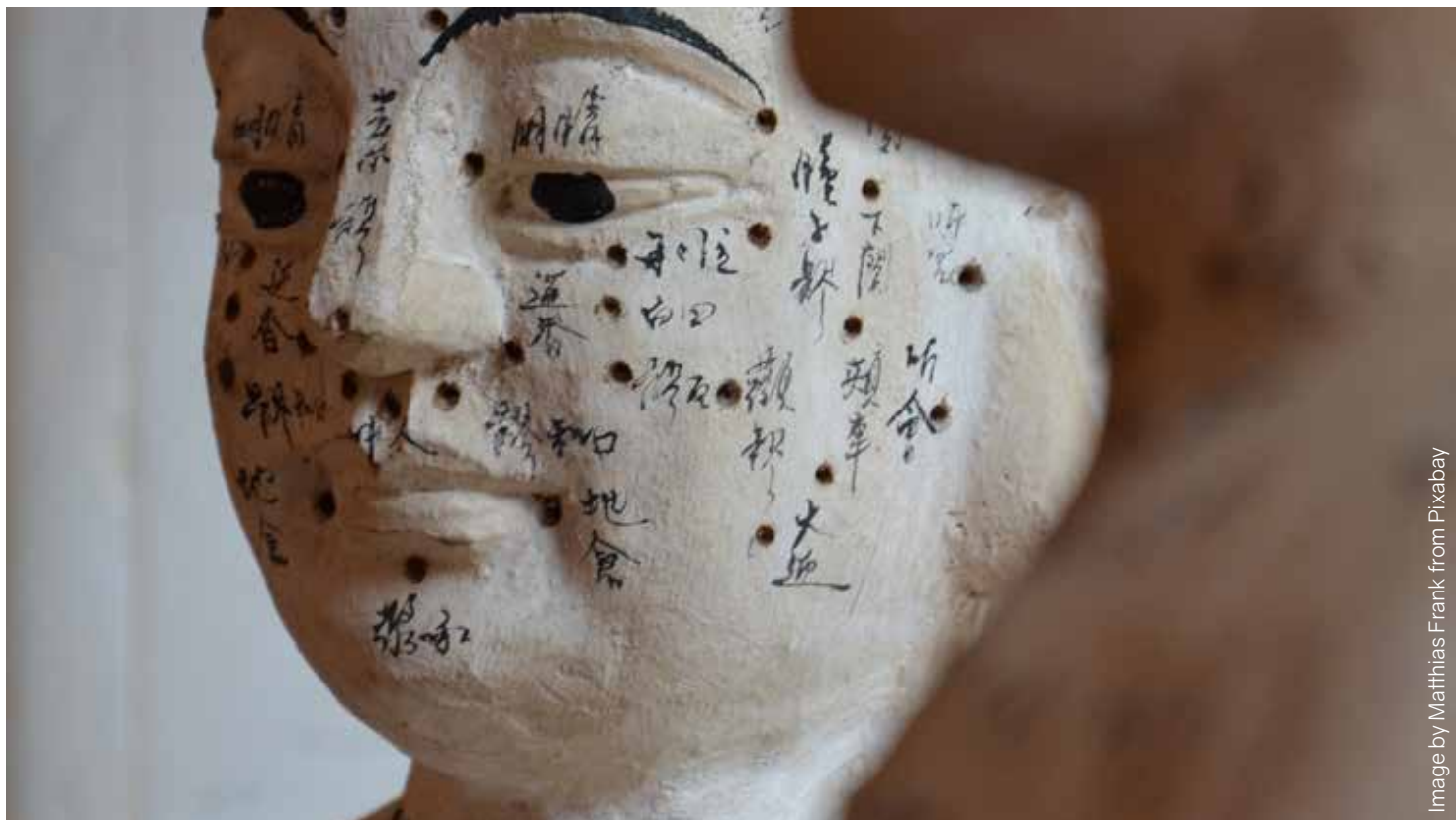


Image by Matthias Frank from Pixabay



Here we go again, it is the time of year once again to reassess one's life and set sights high for creating a plan to increase exercise, eat healthier, establish better boundaries, have more fun and the list goes on and on. Creating a list of goals is the easy part, the challenge comes with carrying them through. Doing so on a consistent basis takes a certain amount of clear focus and will power.

In Chinese medicine, mental clarity is related to energetics of the Spleen and will power to that of the Kidney. A balanced Spleen ensures that clear qi (vital energy) raises to the head and brain without becoming obstructed. While a balanced Kidney as the root energy of the body strengthens a person's will to turn "a yin idea into a yang reality". This is exactly what it takes to get the job done.

Acupuncture can help build mental clarity and strengthen Spleen energy. There are specific acupoints such as one on the crown of the head (aka Governing Vessel 20) treated with acupuncture to clear the mind, calm the spirit, and benefit the brain and sensory organs. Tai Chi and Qigong exercise is further effective for opening flow within this point as a practitioner "raises their crown by a golden thread".

Eating a predominance of warm foods and drinks is further recommended to strengthen the Spleen known as "the source of life" as it transforms and transports nutritional substances within the body. Whereas cold raw foods can be difficult for the body to digest and

diminish Spleen function. Overthinking, worry, and taking in too much information can also wreak havoc with this organ system. It is therefore recommended to take regular mental breaks to give your mind and your Spleen a much needed rest. Chinese medicine also offers Chinese herbs to build energetic function of this vital organ as well as that of the Kidney.

Many things can be done to build will power through maximizing Kidney energy. This begins with a simple Qigong exercise first thing in morning to warm-up the Kidneys (as they love warmth!). It entails forming fists and circling them over the lower back nine times in one direction, then nine times in the opposite direction while standing up or laying down.

There are many acupoints treated to enhance the Kidney as the "root of life". This

includes a point a hand's width below the umbilicus known as Conception Vessel 4 which "fortifies the original Qi and nourishes the kidneys". This point can also be activated through a simple Qi-gong exercise performed while laying down – whereby palms are placed over the lower abdomen while taking three deep breaths into the belly and concentrating the mind on this point.

Eating warm foods and drinks is also recommended to keep kidney energetics strong. And keep in mind that an inordinate amount of stress, excessive fear, too much sex, and working too hard drains the Kidneys. Therefore, find ways to rest and relax and maintain a healthy work-life balance. Dressing properly during cold weather is essential as covering the lower back keeps the Kidneys warm. While wearing socks and avoiding walking on cold floors protects the Kidney 1 acupoint on the soles of the feet thereby nourishing Kidney Qi.

Allow yourself to benefit from the holistic ways of Chinese medicine. They are a sure way to reconnect with yourself and re-establish balance and vibrant energetic flow throughout your entire being.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy", co-author of "Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness" and recently released "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.



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There's Something About Mandalas

By Cathy Reilly MA, MSW, LSW



imperfection” is like life too. Every life is perfect no matter the “mistakes” one has made. In this way, the mandala reminds us of the Buddhist belief that everyone is perfect in the present moment, just as they are. So for these reasons and more, creating and meditating with mandalas can enhance one’s inner journey.

So what are some ways you can incorporate mandalas into your mindful practice? Here are a few ideas to get you started:

1 Make a nature mandala with items you can find on almost any walk where some nature exists. Gather leaves, rocks, twigs, shells, and pine cones. When you get home lay the items out on a table or plate and arrange them in a circular pattern starting with one piece in the middle and working your way outward. You will be surprised at how simple and beautiful this practice can be. As an added bonus, immersing yourself in and appreciating nature is meditative in and of itself.

2 Draw your own mandala with simple items you likely have around your home - paper, markers, colored pencils, a compass and a protractor. There are lots of videos on the internet that show how easy and mesmerizing making a mandala can be. In the end, you will have a beautiful piece that will be an outward representation of your inner spiritual journey. You can even make one with a loved one where you can take turns adding to the circular patterns to create a final piece that represents your connection to each other.

3 If you’d rather just color a mandala, there are many coloring books



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Mandalas are geometric patterns that exist in nature and have been used for thousands of years for everything from adorning sacred places to decorating living spaces. Some Tibetan Buddhist monks train for years in the art of making sand mandalas. Once they have mastered this art, they have been known to spend days constructing intricate sand mandalas only to brush them all away in minutes when they are done in order to demonstrate the impermanence of life. Carl Jung, the Swiss psychiatrist, believed in the power and spirituality of mandalas and used them regularly in his personal life and in his therapeutic practice. In cymatics, the study of how sound waves can be made visible, we see how vibrations create mandalas out of small particles right before our very eyes.

What is it about these geometric designs that make them so compelling and perfect for mindful practice? First, there is the place where each mandala starts, the center or midpoint. Finding one’s midpoint is the key to feeling grounded, safe, and secure. Then, much like in life, there’s the repetitious pattern that can be calming and soothing for the anxious mind. There is also the idea of the beauty of imperfection. From a distance, the mandala looks perfect, but often when we look more closely, we see the imperfections, especially if the mandala has been hand drawn or constructed. This idea of “perfection in

available in stores and on the internet as well as free coloring pages you can simply download and print.

4 See how many mandalas you can find that already exist all around you - think spiderwebs, snowflakes, and seashells, to name only a few - and reflect on the expansiveness and wonder of the universe.

Hope you will give mandalas a try and experience what Carl Jung did so many years ago when he said, "I saw that everything, all paths I had been following, all steps I had taken, were leading back to a single point — namely, to the mid-point. It became increasingly plain to me that the mandala is the centre. It is the exponent of all paths. It is the path to the centre, to individuation. I knew that in finding the mandala as an expression of the self I had attained what was for me the ultimate."

Cathy Reilly MA, MSW, LSW Monarch Wellness Center monarchwellnesscenter.nj.com Mindfully Made LLC <https://mindfullymade3.wixsite.com/my-site-3>



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This Month's Monmouth County Co-op Corner

MASON JAR SOUP- IN A NUTSHELL



December Madness is here!

Wondering what to make that doesn't take a lot of time away from holiday shopping? Looking for just the right portion since soon we'll have houses filled with leftovers from holiday dinners, and holiday parties? Look no further! Discover the perfect solution with these delightful MASON JAR SOUPS. A simple, satisfying, and eco-friendly option for the busiest season of all.

Soup Ingredients

- Grab a mason jar (or several!)
- Choose your soup innards for your mason jar (we always have a ton of great choices here at Monmouth County Organic Co Op-endless possibilities!)
- You can layer these-veggies, herbs, seasonings
- Add about 1 cup water or broth
- Tightly secure mason jar lid, shake gently to distribute all the inner workings
- Place mason jar in the fridge for up to 30 minutes to allow flavors to meld
- Remove lid and microwave for 3 minutes
- Let slightly cool before handling as mason jar may be hot to the touch
- Eat this right out of the jar!!! Or pour into soup bowl.
- Leftovers, once the jar has cooled, store in your refrigerator

Embrace the holiday madness with easy-to-prepare, portion-perfect Mason Jar Soups that are sure to become your new go-to for a warm, comforting meal amidst the hustle and bustle of the season. Happy Souping!

Want to be in on the fun and enjoy more cooking tips? TEXT 732 500 4949 for more info. Don't forget to join our Facebook-Group 'Organic Fruit and Veggie Co-Op Monmouth County NJ' for foodie updates all year long.

**Lincroft pod of Purple Dragon Co Op*



DATE COOKIES

YIELD: 25 COOKIES

- 3 cups almond flour
- ½ cup nut butter of choice
- ½ cup honey
- 3 eggs
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 1½ cups baking dates, pitted and chopped

Preheat oven to 350° F. In a large mixing bowl, combine all the ingredients except the dates until smooth. Line a cookie sheet with unbleached parchment paper. Scoop about a tablespoon of batter and roll into a round ball. In the middle of the ball, press ½ teaspoon of dates into the center, rolling again to surround the dates with cookie dough. Place on a cookie sheet, flattening slightly. Bake for 15 minutes. Remove and let cool before serving.

Recipe reprinted with permission of Madiha Saeed, M.D.



Rise of Shampoo, Conditioner and Dish Soap Bars

The use of shampoo, conditioner and dish soap bars is gaining traction among eco-conscious consumers seeking a more sustainable future.

Environmental Impacts

Although the liquid form of these products may be convenient, their environmental impact is significant. Most come in plastic bottles, only 5 to 6 percent of which are recycled. The rest languish in landfills or break down into microplastics that flow into the waterways, harming marine life and ecosystems. The vast majority of these liquid products contain harmful chemicals such as sulfates and parabens that are detrimental to human health and end up in the water supply.

Benefits of Bars

According to beauty bar manufacturer Ethique, one bar can last as long as two to three plastic bottles of the liquid counterpart, saving money and reducing waste. A number of companies produce bars that are free from harmful chemicals and are sold in minimal, compostable packaging. Bars are travel-friendly, with no airline restrictions. They weigh less than a regular-sized bottle of shampoo, and there is no risk of spillage in luggage.

Dish soap bars are highly concentrated, so they last longer. Many are made from natural ingredients that are gentle on the skin and safe for the environment. They eliminate the need for plastic bottles and often

come in recyclable or compostable packaging. Use them for washing dishes, cleaning surfaces and handwashing delicate items.

Purchasing Tips

Choose products with natural ingredients and minimal packaging, and brands that prioritize sustainability and transparency, offering detailed information about their practices and ingredients. If a company is vague or evasive, look elsewhere.

Ethique, Lush and EcoRoots, for example, offer high-quality, eco-friendly bars that cater to a variety of needs. Ethique is known for its zero-waste commitment. Lush offers a wide range of handmade bars with unique scents and ingredients. EcoRoots focuses on natural, sustainable products for eco-conscious consumers.

Certifications by USDA Organic, Fair Trade and Leaping Bunny indicate that a product meets specific environmental and ethical standards. A label listing natural ingredients is a good sign, but be wary of vague terms like “green” or “eco-friendly” without specifics to back them up.

Usage Tips

To prolong the life of bars and ensure they remain effective and hygienic, keep them dry between uses and use a soap dish with drainage holes or a reusable tin for storage. It might take a few tries to become accustomed to using solid bars, but they are just as effective as their liquid counterparts. Rub the bar between the hands or directly onto hair or dishes, then rinse thoroughly. High-quality bars can produce an impressive lather.





Healthier Holiday Cookies

Easy Switches That Don't Compromise on Taste

by Maya Whitman

Whether it's chunky chocolate chip, classic sugar, jammy rugelach, spicy gingerbread, Russian teacakes or cinnamon-dusted snickerdoodles, the holidays would not be complete without a festive array of cookies. Seasonal favorites usually pack on the sugar, but with a little know-how, whipping up healthier versions can be both easy and fun.

"The most important thing to remember is that the techniques are the same; only the ingredients have changed," says Christina

Pirello, Emmy Award-winning host of the national public television cooking show *Christina Cooks!* and author of 13 plant-based cookbooks. "Even healthy versions of cookies can feel indulgent while being better for you. Use the best quality ingredients you can, and you'll never go wrong."

Sugar Savvy

Most conventional cookie recipes require up to two cups of sugar, not-so-good news for any health-conscious sweet tooth, but alternatives are plentiful. "With the caveat

that most sweetener substitutions require some adjustments to make sure the final texture still works, there are some fabulous options that up the nutrients, add more flavor and depth and pack much less of a glycemic punch," says Katie Wells, founder of Wellness Mama, an online resource for women and moms that want to live a healthier life.

The glycemic index (GI) is a value used to measure how much specific foods increase blood sugar levels on a scale of zero to 100, where sugar is 100. Numerous studies have found that following a low GI diet may reduce blood sugar levels and improve blood sugar management in people with Type 2 diabetes.

Monk fruit and unprocessed forms of stevia, a plant-based sweetener, are blood-sugar friendly and nutritious when used alone, but are controversial when combined with erythritol, a sugar alcohol that, based on recent studies, is suspected of increasing the risk for blood clotting, stroke and cardiovascular events.

For Pirello, baking without pseudo sweeteners or processed sugar does a body good while imbuing festive favorites with even deeper flavor. "For me the best options for cookies are coconut sugar and beet sugar as both are granular and can be substituted 1-to-1 in recipes. Both are the color of brown sugar so your cookies may take on a darker color, but the flavor will be amazing. I also use brown rice syrup, but often mixed with



sveltikd from Getty Images Signature/CanvaPro

coconut or beet sugar.” For the best flavor, Pirello praises 100 percent pure monk fruit, as well as her no-calorie favorite, Bocha-Sweet, which is made from kabocha squash and “tastes and behaves like sugar.”

In addition to coconut sugar, Wells also favors maple syrup and honey, which require an increase in dry ingredients to balance the liquid but add amazing flavor and other beneficial properties, such as naturally occurring minerals and antioxidants.

Common dates, larger and plumper Med-jool dates and other dried fruits can replace conventional sugar with rich sweetness, especially for no-bake holiday cookies and bars. Wells likes the versatility of dried fruits when chopped or blended. She recommends soaking them before using in recipes to help improve their texture.

For cookie dough recipes that do not require much liquid, powdered date sugar can be used in place of sugar 1-for-1 while reducing dry ingredients by 25 percent. Mashed bananas can rock an oatmeal cookie recipe, taking it to another level in terms of flavor without any other added sweeteners.

Common Substitutions

- ¾ cup honey or maple syrup for 1 cup of sugar
- 1 cup of blended dates for any amount of sugar in a recipe
- 1 cup of unsweetened applesauce for 1 cup of sugar
- ¾ cup of mashed ripe bananas for 1 cup of sugar
- For vegan cookies that won't crumble, mix 1 tablespoon of finely ground flax seeds with 3 tablespoons warm water to replace 1 egg.

Gluten-Free Delicious

Gluten-free (GF) baking has come a long way with plenty of GF flour options, but knowing which ones to use can make or break a holiday baking spree. “It has never been easier to make gluten-free cookies that taste almost identical to their gluten-based inspirations,” says Wells.

“There are even organic, measure-for-measure flours that let you bake the original recipes as written.”

Pirello sees more of a learning curve. “It's such a challenge to make a good gluten-free cookie, but with products like almond flour out there, you can do it,” she says. “Use a gluten-free flour mix—not a cake or cookie mix—and mix it with 75 percent almond flour to create a moist yummy cookie. They will always be more fragile unless you use

eggs, but it works for me without them.”

The Secret Ingredients

In the end, baking is all about having fun. “They're cookies, not world peace, although I think more cookies could bring about world peace,” Pirello quips, suggesting what we all know: love is the secret ingredient in any holiday cookie recipe.

Maya Whitman is a frequent writer for Natural Awakenings.

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Sprained Ankle: Try Rolfing

by David and Rebekah Frome



Accidents Happen:

Falls are common. Potential hazards include uneven sidewalks, icy driveways, loose carpets and believe it or not, progressive lenses. The lower portion of these glasses is designed for close activities, like reading, and can make it difficult to see the ground. Sometimes falls are due to slippery surfaces, sometimes, a foot gets caught and the body tumbles. Sprained ankles frequently occur as a result of falling.

The injury:

A classic sprained ankle includes swelling, bruising, pain, and stiffness. The ligaments and tendons of the ankle become over-stretched. Additionally, the muscles of the lower leg can go into spasm. When the body becomes injured the surrounding muscles tend to stiffen and shorten. It is the body's way of limiting movement when trauma has

occurred. Soft tissue injury results in painful muscle spasms, and over time, fascial shortening. Pain leads to spasm, spasm leads to fascial shortening, and fascial shortening leads to pain; a vicious cycle.

R.I.C.E.

The textbook treatment immediately following an ankle sprain is RICE.

Rest: Give the ankle time off from activity. it needs time to heal.

Ice: Apply up to 10 minutes on, 10 off for the next 48 - 72 hours to discourage the accumulation of fluids at the ankle.

Compression: Gently wrap the foot and ankle with an ace bandage to reduce swelling and provide support.

Elevation: Elevate the injured leg above the heart to minimize swelling. Additionally, gentle active range of motion in the pain-free range can be helpful. This

can include movement of the toes and light movement of the foot, ankle, and knee foot to tolerance. Movement within the pain-free range encourages blood flow and helps to maintain mobility. When possible, movement facilitates healing.

Rolfing Speeds Recovery

Receiving a Rolfing session soon after an accident can interrupt the pattern of pain and stiffness and may hasten the healing process. Initially, the Rolfer does not work directly on an inflamed joint. Instead, they work on the surrounding areas, to reduce swelling, muscle spasms, and joint stiffness in the region. Rolfing facilitates tissue repair even when the work is not directly applied to the injured area. Rolfing can decrease pain and hasten recovery. It may take as much as six weeks for the soft tissue and ligaments of the ankle to heal. As

the swelling recedes the ability to walk without pain returns.

Accidents Can Leave Their Mark

However, with healing, there is a caveat. Following an ankle sprain, the body forms a connective tissue splint to support the ankle while it is healing. Long after the original injury has healed this internal splint remains, inhibiting full mobility. Typically the stiffness is persistent and does not go away.

Here too, Rolwing can be very helpful. Rolwing reestablishes the normal elasticity of the connective tissues, restoring mobility and circulation to my ankle. Rolwing can remove the internal splint from the ankle and restore full mobility to your body.

Rolwing Restores Body Alignment & Biomechanics

How does a sprained ankle affect the rest of the structure? The whole body tries to compensate for the imbalanced movement pattern of the foot and ankle. That means each joint of the structure can work efficiently again. Rolwing helps to restore the breath and soothe the nervous system. The contents of this article are not intended to be diagnostic or prescriptive. Please consult your physician before embarking on any course of therapy.

Rebekah and David Frome practice acupuncture, Rolwing, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.



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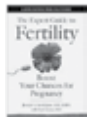


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Caring for Anxious Pets While We're Away

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

All pets, including cats and dogs, can feel distress when their routine or environment changes. Long-term stress can weaken their immune system, leading to behavioral problems or illness. It is essential to find ways to reduce anxiety when leaving a pet with a kennel or sitter.

Stress During Owner Absence

A report by the animal health company Zoetis, the Federation of European Companion Animal Veterinary Associations and the Human Animal Bond Research Institute shows that the bond between pets and their owners provides both physical and mental benefits. When this bond is

interrupted, even temporarily, pets may become anxious. Staying in a kennel or with an unfamiliar pet sitter can cause feelings of insecurity and stress, which can negatively impact their mental health.

Their anxiety may manifest through destructive behaviors, excessive barking or



Kerkez from Getty Images/CanvaPro



Image by Elena Rogulina from Pixabay

meowing, or aggression. Changes in appetite, pacing and excessive grooming are also common indicators of tension. Pets that are particularly attached to their owners may experience heightened levels of the stress hormone cortisol in their absence, making them more susceptible to anxiety in new environments.

Repeated exposure to stressful separations can result in chronic anxiety, which may damage the bond between pets and their owners, creating lasting behavioral issues that make it difficult for pets to reconnect when their owners return.

Priorities for Anxious Pets

Beth Hrniciar, a holistic pet health coach and trainer in Connecticut, emphasizes the importance of considering a pet's anxiety level when setting care priorities. For pets with mild anxiety, she recommends ensuring the pet sitter is able to provide over-the-counter anxiety relief supplements. "It is also crucial that the kennel or sitter knows how to use calming products, such as a Thundershirt or a calming collar," Hrniciar advises. For more severe anxiety, she recommends trial runs to help the pet acclimate and become familiar with the staff.

Hrniciar also recommends choosing facilities that offer a safe space for pets that are anxious about fireworks or storms, opting for kennels or sitters with secure enclosures and amenities like white noise machines or calming soundtracks.

Experience, Cleanliness and Routine

"Anxious pets need experienced caregivers," Hrniciar asserts. "While

some anxiety is normal and may decrease as a pet adjusts to a new environment or routine, it is crucial to have someone who can provide a quiet space for them to relax." Someone without the right experience may not fully understand how frightened an animal is and how they might injure themselves while trying to escape from a stressful situation.

Cleanliness is critical, Hrniciar notes, particularly for pets that self-soothe by chewing. A clean environment prevents infections from unsanitary conditions.

"Dogs thrive on structure," she says. "Regular feeding and walking schedules help reduce stress in nervous dogs." Caregivers should maintain the routine established during trial visits, allowing pets to feel more secure by knowing what to expect.

"Cats are creatures of habit," Hrniciar explains. It is important to keep anxious cats in familiar environments—maintaining their regular routine is key. Pet sitters should avoid introducing new scents or sounds, and, if possible, visit beforehand to build trust with the pet.

Questions for Potential Pet Sitters

"Knowing who will be handling your pet and their qualifications is essential for ensuring the pet's safety and comfort," says Hrniciar. To find the right sitter for an anxious pet, ask about their experience with similar animals. For pets that are wary of strangers, it is important to ensure the sitter understands how to give them space to adjust. Ask kennels about group play, temperament testing, dietary accommodations and emergency protocols.

Holistic Strategies

"Socialization should be tailored to each pet. Introduce anxious animals to new settings at their own pace," Hrniciar advises. For pets that are accustomed to being around other animals, group play can offer comfort and help ease their nerves.

Hrniciar highlights the benefits of calming scents, such as essential oils and pheromone sprays, for reducing stress. Pairing these with calming music or therapeutic tools like pulsed electromagnetic field pads or light therapy can create a soothing environment for anxious pets.

For severe anxiety, Hrniciar recommends natural remedies over pharmaceuticals. "Properly sourced CBD [cannabidiol], calming mushrooms and essential oils can offer significant relief with minimal side effects," she advises. She also encourages exploring zoopharmacognosy—a method where animals self-select herbs, flowers and other natural remedies to restore balance to their systems. This approach allows pets to tap into their natural instincts, potentially finding relief in a more intuitive way.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.



Aleksandrs Samuilovs from Izobrazheniya pol'zovatelya Aleksandrs Samuilovs/CanvaPro

CHOCOLATE COFFEE COOKIES

YIELD: 16 COOKIES

⅔ cup sprouted whole wheat flour or whole wheat pastry flour

½ tsp baking powder

2 Tbsp arrowroot

Pinch of sea salt

Generous pinch of cinnamon

18 oz dark, non-dairy chocolate, coarsely chopped

4½ oz extra virgin olive oil

2 Tbsp spring or filtered water

3 Tbsp of store-bought egg replacer with 6 Tbsp of water (or mixture of 3 Tbsp finely ground flax seeds with 9 Tbsp warm water) and let sit for one minute to thicken

1 cup coconut sugar

2 Tbsp brewed espresso

5 oz pecans, coarsely chopped

5 oz hazelnuts, coarsely chopped

Preheat oven to 350° F. Line a baking sheet with parchment paper.

Whisk together flour, baking powder, salt and cinnamon. Place 12 ounces of chocolate and oil in a heat-resistant bowl over simmering water. Cook, stirring occasionally until the chocolate has melted and is creamy and smooth. Set aside.

In a stand mixer, whip the egg replacer, sugar and espresso to combine well. Add the melted chocolate mixture and mix well. By hand, fold in the nuts, the remaining 6 ounces of chocolate and the other dry ingredients to form a soft cookie dough.

Use a spoon to drop 16 (or so) ½-ounce mounds onto the baking sheet, leaving at least two inches between cookies, as they will spread. Bake for 15 minutes or until the tops crackle. Allow to cool completely before transferring to a container.

Recipe courtesy of Christina Pirello.



THUMBPRINT COOKIES WITH JAM

YIELD: 36 TO 48 COOKIES

5 Tbsp vegan butter substitute

¼ cup coconut sugar

1 tsp pure vanilla extract

½ cup sprouted whole wheat flour or whole wheat pastry flour

1 cup fine almond flour

2 Tbsp arrowroot

½ tsp baking soda

Pinch of sea salt

Strawberry or other fruit-sweetened preserves

Preheat oven to 350° F. Line two baking sheets with parchment paper.

Place all the ingredients, except the preserves, in a stand mixer and mix until a stiff dough forms.

Form the dough into walnut-size balls and arrange on the baking sheet, allowing about an inch between each cookie for rising. With a wet thumb, make an indentation

in each cookie. Using a small spoon, fill the indentation in each cookie with preserves. Bake for 13 to 14 minutes. Remove cookies from the oven and allow to cool completely before transferring to a container.

Recipe courtesy of Christina Pirello.

Calendar of Events



Email info@NAjerseyShore.com for guidelines and to submit entries.



WEDNESDAY, DECEMBER 4

Green Investment Club: 7-8:30pm, Eastern Monmouth County Library. We are an educational and experiential group of socially-conscious investors meeting in Shrewsbury every 2 months. We have a financial advisor who teaches and facilitates our research. We have existed for over 15 years, and we are open to adding more committed members. If interested please email Mercedes Barnek at mbarnek@msn.com or call 732.747.7810 for more info.

Dancing with Dragons: 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions.. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com Cost: \$25 per person; Pre-Registration is required.

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, DECEMBER 5

FREE Energy Healing – 30 Minute Sessions - Online. Do you suffer from grief or loss? Feelings of sorrow, fear and anxiety? Let's sort out those feelings for 2025. Join Dawn Ricci, Master of Spiritual Healing – to experience emotional sacred healing. Come away with renewed awareness and relief. Learn about personal healing mentor program. Book at BodyToWellness.com/consult to secure your spot.

Group Reiki and Meditation – 7:30-9pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Come and enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost:\$30.

FRIDAY, DECEMBER 6

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, DECEMBER 7

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195.

Sacred Sister Circle with Andrea & Dee – 12:00-1:30pm, The Yoga Loft, 58 Main St Farmingdale. Are you on a self discovery journey and seeking a safe space where your voice is heard, your journey is celebrated, and your growth is nurtured? Look no further than our Sacred Sister Circle! Our circle is more than just a gathering—it's a catalyst for personal and collective transformation. Come be a part of something extraordinary. Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining us. Cost: \$40

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment

or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SUNDAY, DECEMBER 8

Free Drumming Circle – 1:30-3pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. 848.217.2371. Ayearandadaymysticalshoppe.com

WEDNESDAY, DECEMBER 11

FREE Energy Healing – 30 Minute Sessions – Online. Do you suffer from grief or loss? Feelings of sorrow, fear, and anxiety? Let's sort out those feelings for 2025. Join Dawn Ricci, Master of Spiritual Healing – to experience emotional sacred healing. Come away with renewed awareness and relief. Learn about personal healing mentor program. Book at BodyToWellness.com/consult to secure your spot.

FREE Reiki Circle for Practitioners – 7pm, 501 Grand Avenue Asbury Park, NJ. Welcoming all Reiki Practitioners & Energy healers to meet with other like-minded people who are on a spiritual journey and desire more support. Come share your skills and receive healing yourself. To participate, please call/text Dorian at 201.892.5242.

Shaman Class – 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. NEW CLASS STARTED IN OCTOBER - Are you interested in Shamanism? Wanting to meet your primary guide? Join Shaman Lauren Porter on a series of monthly classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the first Wednesday of each month for 12 months. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com Cost: \$20pp each class. Pre-Registration is required.

THURSDAY, DECEMBER 12

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you





will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki. Preregistration required. 848.217.2371, Ayearandadaymysticalshoppe.com. \$225.

Group Reiki and Meditation – 7:30-9pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Come and enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost:\$30.

FRIDAY, DECEMBER 13

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Yoga Nidra with Angie - 6-7:30, The Yoga Loft, 58 Main St Farmingdale With arrival of the holidays and the array of activities in our daily lives, give yourself the gift of Yoga Nidra. Among the many benefits Yoga Nidra offers, you will notice the feeling of reduced stress and anxiety, increased cognition and creativity, improved sleep and overall state of well being. The gift you will not want to return! Please call/text 732-239-2333 or email info@theyogaloftnj.com let us know you'll be joining us. Cost:\$40

SATURDAY, DECEMBER 14

Special Event: Akashic Records, Stone Path or Medium Reading – 1-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have a loved one who has

passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$125.

Full Moon Circle: 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Enjoy and experience the Cold Moon, or Long Night's Moon with us. December's moon is the time to release what no longer serves us and restore our harmony with the universe and ourselves. We'll have a sound bath, ask for guidance in aligning ourselves with the universe toward the next phase of each of our journeys. We will also pull Tarot cards for you for a personal message. Pre-Registration is required. 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com Ayearandadaymysticalshoppe.com \$35 pp.

MONDAY, DECEMBER 16

FREE Energy Healing – 30 Minute Sessions – Online Do you suffer from grief or loss? Feelings of sorrow, fear, and anxiety? Let's sort out those feelings for 2025. Join Dawn Ricci, Master of Spiritual Healing – to experience her emotional sacred healing. Come away with renewed awareness and relief. Learn about personal healing mentor program. Book at BodyToWellness.com/consult to secure your spot.

WEDNESDAY, DECEMBER 18

FREE Grief Circle - 7pm, 501 Grand Ave in Asbury Park. Join Dorian Cattani, for this opportunity to share your grief story with others who can hold space for you and understand your loss. Every individual experiences loss differently, but the significance of each person's loss is equally valid and important. Through each person's contribution in the group, we can bring ourselves to a powerful healing place. Come share or just listen. Limited space. To join, please call/text Dorian at 201.892.5242.

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, DECEMBER 19

Reiki Level I Workshop and Certification – 11-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. 848.217.2371, Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com. \$195.

FRIDAY, DECEMBER 20

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome.

Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Winter Solstice Celebration-7pm, Waterspirit 4 E. River Rd. Rumson. Celebrate the Winter Solstice as we commemorate the deeper meaning of the winter season with reflections, contemplation, music, and movement. The official start to the cold winter season is marked by the sun seeming to stand still in the sky. Celebrate this longest night as we welcome the return of the longer days. Registration requested for this free event <https://www.waterspirit.org/events-calendar>

Healing Circle – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It's also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost:\$10.

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, DECEMBER 21 FIRST DAY OF WINTER

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki. Preregistration required. 848.217.2371, Ayearandadaymysticalshoppe.com. \$225.



Psychic/Mediumship Workshop – 4-5:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Preregistration required. Phone: 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com. \$65.00.

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SUNDAY, DECEMBER 22

Medium Gallery Readings: 4-5:30pm with Cherise. Join us for an intimate demonstration of evidential mediumship. Cherise will offer messages from loved ones on the other side. Our gathering will be small, it is quite possible that everyone may receive a message. The holidays may be difficult when you have lost a loved one. Hearing a message from them may ease the pain of grief. Seating is limited. ; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com Cost: \$25.00 per person

Candle Magick and Mojo Bags – 6-8pm. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Whether you are a seasoned practitioner, or a beginner to the magickal arts, this candle magick class is for you. Learn how to inscribe, dress and infuse your intentions in a candle for the optimal results of your working or ritual. Not called to work with candles? Learn how to create a mojo bag to infuse your intention that may be carried on you, or someone else for healing, abundance or protection Pre-Registration is required. Call:848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$45pp (includes materials)

WEDNESDAY, DECEMBER 25 MERRY CHRISTMAS AND HAPPY HANUKKAH

A Year and a Day Mystical Shoppe will be closed Thursday, December 26, Friday, December 27

FRIDAY, DECEMBER 27

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or 973.509.8464.

Ongoing Events

Email info@NAJerseyShore.com for guidelines and to submit entries.

MONDAYS

Intermediate Taiji Class taught by Shoshanna Katzman, 1pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It promotes physical health, balance, strength and enhances longevity. Taiji is a “meditation through movement” that opens flow of qi and harmonizes yin-yang energy throughout your entire being. Students in this intermediate group are learning the second section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Vibrational Reiki Healing Meditation – 7pm, join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

TUESDAYS

Tea and Tarot Tuesday Meditations: 7-8:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group guided meditations and enjoy connecting with a different plant (tea) each week. We'll go on a weekly journey of discovery together! Then receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels: Beginners to Advanced. Bring along a meditation mat, pillow, etc. 848.217.2371 Web: Ayearandadaymysticalshoppe.com** Private sessions and Veteran Discounts available Cost: \$15. Preregistration required.



Advanced Taiji Class by Shoshanna Katzman – 6:30pm on Zoom. Taiji is a sophisticated method of whole-body movement that reconnects body, mind and spirit. This ancient Chinese exercise forges a deep relationship between you and your qi which is the life force responsible for the harmonious working of your body. Its rhythmic breathing and flowing postures activate flow of qi and refines it into usable internal force and power – thereby producing a more robust body, sharper mind and enlivened yet tranquil spirit. Students in this advanced group are learning the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Vibrational Reiki Healing Meditation – 7pm - Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

WEDNESDAYS

Flowing Qigong with Melinda Applegate - 9am on Zoom. Qigong is an internal martial art form that brings peace, balance and strength to your life. Every Wednesday we practice this beautiful moving meditation to nourish our life force energy. Please contact Melinda at 707-357-4632 to register and for your zoom link.

Intermediate Taiji Class by Shoshanna Katzman – 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this intermediate group are learning the third section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Sound Healings/Meditations – 6:45-7:45pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group sound healings and meditations. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Preregistration is required, 848.217.2371, email: Ayearandadaymys-



ticalshoppe@yahoo.com, website: Ayearandadaymysticalshoppe.com. Ask us about private meditation sessions and Veteran Discounts. Cost: \$25.

THURSDAYS

Flowing Qigong with Melinda Applegate - 9am in the Park. Spring Lake Train Station park. Warren Ave. Meet by the gazebo. Great for beginners - Drop-ins welcome. Contact Melinda at 707.357.4632 to confirm on rainy days. Qigong brings peace, balance and strength into your life. Let's nourish our life force energy together.

All-Levels Qigong Class by Shoshanna Katzman - 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or email info@healing4u.com.

Vibrational Reiki Healing Meditation - 7pm Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678, Due to Covid restrictions, you must Venmo to reserve your spot.

FRIDAYS

Friday Morning Tai Chi in Loch Arbour-7:30-8:40 AM. At Frome Physical Therapies, our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. It's a perfect way to improve your balance, strengthen your legs, and increase your flexibility. Over time, our Tai Chi can also ease your breathing and improve posture. It can even extend your longevity! All levels are welcome. Reserve a spot online at www.fromept.com or by calling 973.509.8464

Advanced Taiji Class by Shoshanna Katzman - 9am, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is a low impact Chinese exercise for facilitating physical fitness and vibrant health. This ancient dance enhances coordination along with balance and upright stature. Its gentle, flowing movements are highly effective due to balancing yin-yang energies and strengthening qi flow within your body. It also maximizes immune function through building defensive qi and promotes cardiovascular health by nourishing qi of the heart and lungs. This

advanced group is learning how to perform the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Beginner Taiji Class by Shoshanna Katzman-2:00pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness - while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Tai Chi Chuan - Yang style 24 short form. Melinda Applegate, Certified Instructor. All levels welcome. Bringing peace, balance and strength into your life. Warm up with Qigong exercises. Learn the basics elements of Tai Chi Chuan and increase your centered awareness. Register your email with Belmar Public Library. Call Melinda 707.357.4632 for location can change. (Taylor Pavilion or Belmar Borough Hall Gym)

Beginner Taiji Class by Shoshanna Katzman - 2pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness - while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Psychic Readings and Energy Healings - 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. web: Ayearandadaymysticalshoppe.com. Cost: \$30.

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more! - 3:30pm, The Center for Health & Healing, 245 Atlantic City Blvd,



Beachwood. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 732.505.8282 or text only 732.604.4946. Register to reserve your spot and ask about private lessons or Reiki sessions.

SATURDAYS

Qigong for Good Health with Maxine Forster Guenther - 10:30-11:30am Outdoor "Parking Lot Qigong," For information about Parking Lot Qigong in Lincroft, weather permitting, check the website www.Qigongforgoodhealth.org for current information.

SAVE THE DATES

SATURDAY, JANUARY 11 FEBRUARY 8 & MARCH 8

Qigong for Health and Vitality, - 1:00-1:45 PM at The Presbyterian Church at Shrewsbury. Qigong is an effective antidote to the hurried and stress-filled lifestyle of the modern world. Join instructor Lauren Klatsky, M.S. to learn how to skillfully integrate Eastern philosophy and Western science to manifest the energy you want in 2025. An accessible practice for everyone. Register at www.wisdomtreeyoga.com or call 732-233-3216 for more information.

SATURDAY, JANUARY 11

Soma Yoga Teacher Training, - At The Yoga Loft 58 Main St, Farmingdale With over 50 years of combined experience, Karin and Bobbie invite you to discover the power of somatic yoga. Discover the powerful connection between mind, body and spirit.

COMING SOON

12 Week Adult Grieving Support Group -With Kristen Valentine, MSW, LCSW, Friday mornings, 252 Washington St, Toms River NJ 08753. New group starting in January or February 2025. Open to all adults who may be grieving. Topics will include making sense of the grieving process, coping with sadness, family dynamics and the spiritual aspects of grieving along with group support and discussion. \$15 per person per session, \$10 if registering with another person. Preregistration is required, must commit to attend all 12 weeks. For more information visit: balancedlifeweb.com or call Kristen at 800.716.8353.

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be in the Community Resource Guide email advertise@njerseyshore.com to request our media kit.

ACUPUNCTURIST & HERBALIST

RED BANK ACUPUNCTURE

Shoshanna Katzman, Kelly Van Sickell and Heather Quinlivan - acupuncturists
Bonnie Anderson - massage therapist in Shrewsbury, NJ
www.healing4u.com 732.758.1800



Acupuncture, Chinese herbal medicine, Therapeutic Deep Tissue Massage, Taiji & Qigong private & group classes available

BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB

Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
LaurenASalani@gmail.com



Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

CHIROPRACTOR

AdaptiveRX

280 State Rt 35 Ste 204
Red Bank, NJ 07701
Purehealthnj.com 732.747.0083



Dr Chris Pepitone and Dr Mai Tran of AdaptiveRX provide holistic patient-first quality care to help you regain your health and wellness

FINANCIAL SERVICE

JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management
328 Newman Springs Road
Red Bank, NJ 07701 732-576-4634
Jeffrey.ball@rbc.com or jeffballrbc.com



Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

FITNESS INSTRUCTOR

OCEAN COUNTY FITNESS PETE SPAZIANO

Personal Training | Adults/Seniors
1-609-549-9048
www.OceanCountyFitness.com



Specializing in Personal Training for Middle Age Adults and Seniors. One on One Training. Personal Attention. In your home, gym or clubhouse. Certified. Strength - Endurance - Balance - Toning Serving Ocean County from Toms River to LBI.

LIFE & HEALTH COACH

GEMMA HEALTH COACH, LLC

Gemma Nastasi,
NBC-HWC, PCC, CAPP, CHNC.
227 East Bergen Place, Suite 4
Red Bank, NJ 07701 732-245-2556.
Gemmahealthcoach.com
gemma@gemmahealthcoach.com



Are you struggling with life-changing events or feeling stuck without the motivation to make positive changes? As an ICF Professional Certified Coach and a National Board-Certified Health Coach with additional certifications in Positive Psychology, Life Coaching, Lifestyle Medicine, and Holistic Nutrition, I can help you incorporate the tools that research shows increase your health and happiness and help to motivate you to achieve your personal and professional goals in all areas of their life. My coaching packages include support, guidance, and accountability in and out of the office the entire time we work together. Please feel free to contact me for a complimentary consultation.

MASSAGE

ACUPRESSURE & MASSAGE TAI CHI & QIGONG INSTRUCTOR

Melinda Applegate
Asian Healing Arts Practitioner, AOBTA CMT,
AVON INTEGRATIVE HEALTH CENTER
Long Branch, NJ - NEW LOCATION!
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Combining Traditional Chinese Medicine healing with Western healing therapies. Over 30+ years of practice, my aim is help you reach your highest healing potential. See my website for the full range of hands-on services. From acupressure, shiatsu and deep tissue to Hawaiian lomi-lomi, reflexology and Raindrop therapy.

MYOFASCIAL RELEASE

Nancy Rutherford RN, LMT
Brick NJ 732-773-2728



Practicing John Barnes Method of Myofascial Release combined with corrective exercise. I can assist you to release fascial restrictions, and teach you to gently retrain your body into less pain, more ease. Relax. Release. Realign. Bodywork for lasting change.



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Blue Dolphin specializes in Non-Chlorine pool and spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool service, pool safety covers/fences, heaters, etc. Chlorine is one of the most toxic chemicals on Earth yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool and spa care. Here's to your health and wellness!

NUTRITION & WELLNESS

BEYOND HOLISTIC HEALING

Beth Aitken
Instagram @beyond_holistic_healing
Email: beyondholistichealing@gmail.com
Web: Bethaitkin.com 703.403.6678



Body Intuitive Master Practitioner offering alternative therapies to optimize health and harmony in your life and body. Sessions are fully virtual.

SHORE HOLISTIC NUTRITION & WELLNESS

ALYSSA SIEGEL MSN,RN,FNP-C, CPEN
1405 NJ 35, Suite 102
Ocean, NJ 07712 732-314-1851



Alyssa Siegel is a Family Nurse Practitioner with a holistic health practice in Oakhurst. She uses a technique called Nutrition Response Testing to get to the root cause of ill health and heals it naturally.

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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REFLEXOLOGY

MICHELE LIPARI REFLEXOLOGY AND HOLISTIC COUNSELING

Michele Lipari- Certified Reflexologist
298 Broad St., Red Bank, NJ 07701
Mliparireflexology.com (732)887-3352



I've practiced reflexology over 20 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet & hands that correspond to glands, organs, and other parts of the body. The practice also offers an Infrared Sauna, which allows a higher percentage of toxin removal due to infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.

REIKI/ENERGY HEALING

DORIAN CATTANI LLC

501 Grand Ave. Asbury Park, NJ
doriancattani@gmail.com
Instagram @spirituallyrescued
doriancattani.com 201.892.5242



Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She is now offering private Reiki sessions in her beautiful office. Please see news brief for dates for Meditation with Reiki and Grief Circle.

WELLNESS STUDIO/SPA

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YOGA

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58 Main Street, Farmingdale, NJ 07727
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We are located in the charming downtown section of Farmingdale. Our mission is to provide a serene, safe and welcoming space where students can experience the life-enhancing benefits of yoga. First time students and seasoned practitioners alike make The Yoga Loft their "yoga home" where they're among like-minded friends.

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Dr. Elizabeth Piela, DDS is dedicated to taking a whole-body approach to achieving total wellness through holistic dental care in children & adults. She prioritizes eliminating toxins in dental materials, healing teeth naturally to avoid fillings, extractions, or braces, choosing natural remedies for pain, and using proper nutrition to prevent and reverse dental disease.

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